

CDC Recipes: Roast Turkey with Fresh Sage



Ingredients

- 1 teaspoon canola oil
- 1-12 pound fresh turkey
- 1/2 yellow onion diced
- 1/2 bunch fresh sage (.75 oz)
- 2 teaspoons poultry seasoning

Preparation

1. Remove giblets and turkey neck from the cavity.
2. Wash the turkey inside and out; pat dry.
3. Remove any pinfeathers from the skin.
4. Sprinkle the cavity with poultry seasoning and place the diced onion and fresh sage in the cavity.
5. Oil the bottom of the roasting pan and place the turkey inside.
6. Preheat oven to 350 degrees and bake for 2.5 to 3 hours; the juices should run clear when you stick your fork between the drumstick and thigh bone.
7. Remove from the heat, cover with foil and let rest 20 minutes before serving.

Details

Serving size

3 oz. of white meat without the skin

- Calories 134
- Total fat 2.8 g
- Saturated fat 0.9 g
- Monounsaturated fat 0.5 g
- Polyunsaturated fat 0.7 g
- Cholesterol 59 mg
- Calcium 16 mg
- Sodium 54 mg
- Phosphorus 186 mg
- Potassium 259 mg
- Total carbohydrates 0.0 g
- Dietary fiber 0.0 g
- Sugar 0.0 g
- Protein 25 g